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AZDAZNAH HOME COOK BOOK



THE COOK BOOK OF THE
TWENTIETH CENTURY



PRICE FIFTY CENTS

1613
Prairie
Avenue

PUBLISHED BY
Sun-Worshiper Publishing Co.
CHICAGO

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To Our Universal Friends, Greeting:

To Earnest Seekers for Health and Longevity, this Book is Respectfully Dedicated.

Strange to say, that notwithstanding the many cook books placed before the public within the last decade, still another comes having more or less points of superiority. If it were not so, the law of evolution would be disregarded. Every careful thinker cannot fail to see the want of radical reform in modern culinary art. That present modes of preparing foods for the human stomach do not conform with the universal law of nature, is evinced by prevailing widespread misery and distress. That there are two ways of living cannot be disputed; choose the right and happiness and longevity are the reward. It is the mission of the MAZDAZNAN HOME COOK BOOK to reveal the narrow way, wherein no one may err, which leads to peace and harmony in the Father's house.

All the recipes herein given have been carefully formulated, and if reasonable attention is given them they cannot fail to please. As they are in harmony with the law of health, all foods prepared according to their instructions will effectually "take up the white man's burden."

THE MAZDAZNAN HOME COOK BOOK is in accordance with the teachings of Sun-Worship philosophy, which holds that ideas and actions are controlled according to our breathing and diet. Wheat being the standard of the life-building tissues in man, a meal must necessarily be equal in proportion to the elements found in wheat.



Bread and Bread-Making.

The most important problem which confronts the health-seeker is that of bread-making. Unless acquainted with the chemistry of cookery, erroneous ideas and actions will often lead to the production of an article fit only for a gatling gun. An old aphorism has it that "bread is the staff of life," but bread as it is made today by the majority of housewives could fittingly be dubbed the "staff of death." With reference to the aphorism, we might suggest its analysis. "Staff of life" would literally mean "supporting life," and in this sense it would be advisable to know the kinds of bread which are and are not life supporting, that discrimination may the more easily be made.

"STAFF OF DEATH."—The bread used by the majority of American people is made from white wheat flour, or fine flour, and contains 75 per cent starch. As there is no nutriment in starch, this kind of bread leads to partial starvation. Many physical and mental derangements may be traced to its excessive use. Budding manhood and womanhood subjected to the strain of school-room work, often reaps as a reward the blighting touch of brain fever instead of a meritorious education when nerve force is depleted by partaking unwisely of carbonaceous foods. Children should not be given white bread, especially when spread with butter. It acts as a slow poison to their systems and lays the foundation for untimely ill health.

All superfine flours, such as High Patent, Fancy Patent, and numerous others now on the market, are sadly deficient in food values, they having been lost in the milling process, and it is neither profitable nor safe to use them to any extent in bread-making (biscuits and hot cakes are included in the category). There is a white flour called "low-grade," procured generally only at a flouring mill, which contains good food value. It is a creamy-yellow in color, and if properly used will make nutritious bread. The cost is less than one-half that of the "high patent" and is far superior as a food, though, of course, somewhat inferior to the whole-wheat or graham flour.

"STAFF OF LIFE."—It has been demonstrated by chemical analysis and innumerable experiments that wheat contains all the elements necessary to sustain life indefinitely. By the use of whole-wheat and graham flour the "staff of life" will ever be at hand to stay the presence of the "grim destroyer." Many new brands of such flour are now on the market, all possessing points of merit.

Next to wheat, as food grains, comes rye and barley. Barley, though rich in nitrogenous matter, is deficient in true gluten and must therefore be mixed with either wheat or rye to make good bread. Rye contains more saccharine than does either wheat or barley, and its nitrogenous matter is closely allied to casein, making it an admirable food.

Oats are food only for horses and have no value (rather detriment) as an article of diet for man. Oatmeal porridge, unless cooked in a double boiler for from five to seven hours, is practically indigestible and exceedingly harmful to children. It should be discarded entirely.

Buckwheat cannot be said to be of value for food on account of its heating properties. Buckwheat cakes, especially, overheat the blood and cause skin eruptions and kindred ailments.

Rice, sago, tapioca, arrowroot, etc., are from 80 to 90 per cent starch, and may be used sparingly when there is a lack of carbon in foods eaten at one meal.

Maize, or Indian corn (yellow variety), is rich in carbon in the form of oil, and is valuable as food in cold climates for generating bodily heat. Little, if any,

should be eaten in summer. Corn meal readily spoils because of the ease with which the fatty matter undergoes oxidation. White, or southern corn, contains less oil and may be used as food at all times of the year, though with less benefit than wheat or rye.

BREAD-MAKING.—The use of yeast in bread-making is not advisable unless baking is thorough. The process of fermentation, when not checked by sufficient heat during baking, still continues after the bread has been taken into the stomach, and when that organ is in a weakened condition, great distress is a result. Statements have been erroneously made that the yeast plant is destroyed during baking, but if investigation is made it will be found that the crust is practically the only portion of a loaf of bread which is entirely free from ferment. All this may be demonstrated by soaking a piece of white yeast bread in a cup of warm water for about four hours and noting the changes which take place.

White yeast bread should not be eaten unless it has been toasted to a golden brown in a moderate oven, but not on top of the stove. The browning process changes the starch to dextrin, which is nutritious and easily digested, and also effectively destroys the ferment.

Scientific investigation has shown that the excessive use of white yeast bread is one of the prime causes of inebriety. As there is a considerable amount of alcohol in this kind of bread, its use creates a morbid craving for ardent liquors. This accounts for the reason why many persons are wedded to white yeast bread like a bibber to the morning glass. Should those sanctimonious, motherly souls, working so dilligently in the ranks of the Temperance Societies, turn their attention toward the exclusion of meat, yeast bread and starch foods from the family table, intemperance would be a thing of the past.

Hot bread, rolls and bisenits for supper are synonymous with "midnight visions," delightful sensations in the epigastrium, and timely visits from the family doctor. A word to the wise is sufficient.

The "sour-dough" method of bread-making should be decried. It is indelicate, and savors of degeneration. The same may be said of "soured-batter" hot cakes. Cooking changes conditions to a certain extent, but does not remedy the evil. The human stomach is not a fitting receptacle for such ferment, it having passed beyond that stage eons ago.

Baking powders, as a rule, are not blessed with purity, and most of their effervescing properties are due to the presence of almi and ammonia, both highly injurious to the system. Pure baking powder is composed of tartaric acid and bicarbonate of soda, and the mixture of these two chemicals forms rochelle salts. The habitual use of bread made with this agent, though it might be termed medicated, is very unhealthful, producing dyspepsia and various stomach ailments.

"Sour-milk-and-soda" may be classed with the objectionable methods of bread-making. It is almost impossible to judge the correct quantity of each article to use, and an excess of either will result in a disordered stomach.



Beverages.

The habit of tea- and coffee-drinking has fastened itself upon the American people to such an extent that freedom therefrom can only be attained by persistent effort and added mental force. The present fast age requires a careful husbanding of nervous energy to achieve success, and stimulating beverages offer nothing but a stumbling block to higher aims and aspirations. The evil effects of tea and coffee are too well known to dwell upon at length, suffice to say that habitual drinkers will find a decided relief from those stomach and nervous troubles if cereal coffees and other beverages are used as a substitute. The following recipes will give delicious and appetizing drinks, suited to various purposes and occasions.

Barley-Wisdom Coffee.—Grind two tablespoonfuls roasted barley and one tablespoonful roasted wheat, put in one quart water and boil slowly for five minutes. Serve with cream to taste.

Home Coffee.—Mix six cupfuls cracked wheat and one cupful New Orleans, maple or sorghum molasses; put in slow oven until well browned, stirring occasionally to prevent burning. Put six tablespoonfuls in two quarts water and boil ten minutes. Serve with cream.

Health Coffee.—Take a quantity of whole barley (not pearl barley) and soak twenty-four hours in as much water as the barley will absorb. Keep in a warm place. Dry the barley by slow heating and brown in a slow oven, stirring it occasionally. Prepare and serve as other coffees.

Barley Coffee.—Put a quantity of whole barley (two-row barley, sometimes called coffee barley) into a large pan, and brown in a slow oven, stirring occasionally to prevent burning. Grind six tablespoonfuls on coffee-mill and put into two quarts water; boil five minutes and serve with cream, or milk and sugar to suit taste.

Slippery-Elm Bark Tea.—Over a handful of broken bark pour one quart boiling water; cover and let stand until cold. Add lemon juice if desired and sweeten to taste.

Herb Teas.—Made by infusing dried or green stalks, leaves or bark in boiling water; let stand until cold and sweeten to taste. If desired hot, keep near boiling point for fifteen minutes, then serve, sweetening to taste.

Bran Tea.—Slightly brown a quantity of bran in slow oven. Use four table-

spoonfuls to one quart water. Boil ten minutes. Serve same as tea, with or without cream and sugar. By adding white of egg, flavor will be greatly improved.

Cocoa.—To one pint boiling water add three tablespoonfuls cocoa mixed with three tablespoonfuls granulated sugar; boil five minutes and add one quart boiling milk, white of one egg and a little dash of vanilla extract. Mix thoroughly and serve hot.

Cocoa from Cocoa-Shells.—Put four tablespoonfuls of washed cocoa-shells in coffee-pot and pour over them one quart hot water; add white of one egg and boil ten minutes. Flavor with one teaspoonful vanilla extract and serve with cream and sugar to taste.

Chocolate.—Put in graniteware saucepan four ounces shaved chocolate, three tablespoonfuls of granulated sugar, and three tablespoonfuls hot water; stir over hot fire until smooth. Have heated to boiling point in double-boiler one quart milk, into which pour the melted chocolate, beating the while with whisk or fork. Flavor with one teaspoonful vanilla extract and serve with whipped cream.

Bran Drink.—Put one-half pint bran in earthenware vessel, over which pour two quarts water; stir well and set in the sun for two to three hours. Strain through linen cloth and set in cool place, when it will be ready for use. Fruit juices may be added, but as a nervine it is better plain.

Toast Water.—Toast two slices wheat bread in moderate oven until well browned. Break in small pieces and put in graniteware coffee-pot, pour over two

quarts boiling water and simmer five minutes. Serve with cream and sugar to taste.

Barley Water.—Boil two ounces of pearl barley in one-half pint water forty-five minutes, then add two quarts boiling water and a few chopped figs and seeded raisins. Boil thirty minutes, and strain; add a little lemon juice and sweeten to taste.

Flaxseed-Lemonade.—Over four tablespoonfuls whole flaxseed pour one quart boiling water, add juice of two lemons; let steep three hours, keeping closely covered. Sweeten to taste with rock candy. Excellent for colds.

Hot Lemonade.—Bake two lemons in the oven until soft. Squeeze out the contents into a porcelain or graniteware vessel. Add two tablespoonfuls powdered sugar and one pint boiling water. Stir well and drink when sufficiently cooled. Should be taken only just before retiring. Very valuable in cases of colds and pulmonary disorders.

Bran-Lemonade.—As a summer drink, nothing will be found more refreshing than bran-lemonade. It is made as follows: To one-half pint bran, add one quart water and let stand for one-half hour in a cool place. Pour off water and add the juice of four lemons; sweeten to taste with powdered sugar. The phosphates of the bran, which have been absorbed by the water, quickly revive the fagged-out brain and nerves and relieve that "tired feeling," besides the acid of the lemon is very cooling to the blood in hot weather.

Blackberry Wine.—Take a quantity of blackberries, extract the juice either by pressing through sieve or by heating on the fire. To each quart of juice add one-half pound of sugar. Boil ten to fifteen minutes, then bottle in the usual manner. The flavor will be improved by the addition of a little cinnamon. Will

keep indefinitely. When serving, dilute with water to taste. Very delicious.

Ginger Beer.—To four and one-half gallons warm water mix six pounds lump sugar, four ounces ground ginger, one-half ounce cinnamon bark, one ounce hops boiled thirty minutes in two quarts water and strained, one-fourth pint yeast, whites of three eggs. Mix well and let stand twelve hours; strain and bottle. Set in cool place. May be used after forty-eight hours.

Root Beer.—To two and one-half gallons warm water mix three quarts of molasses, let stand two hours; then add powdered sassafras and leaves of winter-green each two ounces, yeast one-fourth pint, bruised sarsaparilla root two ounces, and sufficient water to make six gallons. Let stand twelve hours, then bottle. Set in cool place for two days, when it will be ready for use.

Orangeade.—To the juice of one orange mix two teaspoonfuls powdered sugar, then add one beaten egg and three-fourths cupful water. A very refreshing drink.

Currant Wine.—Dissolve one teaspoonful currant jelly in a glass of cold water, properly filtered. This makes a very healthful summer drink. Other jellies, also hot water, may be used with same result.

Onion Gruel.—Boil one sliced onion and one tablespoonful rolled wheat or bran, adding a little salt, in one pint milk for fifteen minutes. Take from the fire and eat when sufficiently cooled. Is excellent for a cold, and should be taken just before going to bed.

Grape Juice.—To six quarts stemmed and washed grapes add two quarts water. Bring slowly to a boil, then strain through a flannel bag. Return juice to the fire, bring again to the boil, bottle and seal at once. Upon opening for use, sweeten to taste with granulated sugar and serve in wine glasses.

Bread.

Flour should be kept dry, as the least dampness will affect it. Bread made with milk will be whiter and better than that made with water. The milk should be boiled, not heated, and not allowed to be below lukewarm temperature. Milk

bread needs little or no shortening, and less flour is required than when water is used. An earthen vessel should be used in preference to wood or tin, as it can be kept cleaner and will preserve the temperature of the "sponge" better.

Whole-Wheat Bread.—Make "sponge" of one-half cupful lukewarm water, one cupful white flour and one-half cake yeast dissolved in one-fourth cupful lukewarm water; cover and set in a warm place, about 90 deg. F., until light and foamy. Add one-half cupful scalded milk cooled to lukewarm, one-half teaspoonful salt, sufficient whole-wheat flour to make a stiff dough. Knead thoroughly, mould into a loaf, put into a warm buttered pan, cover closely and set in a warm place until it rises to double its size, then put into a hot oven. After fifteen minutes, lower the temperature and continue baking for one hour.

Rye and graham bread made the same way, but require longer baking.

Table Bread.—To two quarts flour add one teaspoonful salt, one teaspoonful sugar, two tablespoonfuls clarified butter, or pure olive oil or nut meal. Mix one-half cake hop or compressed yeast with one pint lukewarm water, previously boiled, pour into middle of flour while stirring with wooden spoon until proper consistency for dough is attained, using more flour or water as may be needed. Knead the mass for half an hour or more. If properly stirred and kneaded it will rise to double its size in four hours. Knead again with a little flour, shape into loaves and place into well-oiled warm pans. When sufficiently raised, place into heated oven, adding heat after fifteen minutes' baking. Bake one hour. When done, take out of pans and brush with water or milk.

Sweet Bread.—Take five well-done potatoes, put through a colander, add two and one-half quarts lukewarm water, one cake yeast foam thoroughly dissolved in one-half cupful lukewarm water, sufficient flour to make the thickness of sponge cake. Beat ten minutes and put into warm place to rise over night. In the morning add one tablespoonful salt, two tablespoonfuls sugar, "low-grade flour" enough to make stiff dough. Put on bread-board, with flour to prevent sticking, then knead with knuckles and fist for half an hour. Put in warm place

to rise; do not cover. When light, shape into loaves without kneading. When loaves are in pan, run a fork through them several times. When sufficiently raised, bake in hot oven for forty-five minutes, then change position of pans and bake fifteen minutes longer.

Graham Bread.—To one part "sponge" add two parts graham flour, a little Indian meal, salt. Wet up, mix, add half a teacupful of molasses to a loaf. Have the dough very soft. Knead well and set to rise. It takes longer to rise and longer to bake than white bread. Bake in a steady oven for about two hours.

Steamed Brown Bread.—Take one pint each whole-wheat flour and southern white corn meal, one teaspoonful baking powder, one teaspoonful salt; mix thoroughly and add one-half pint sweet buttermilk, or sweet milk, one-half pint sweet almond milk, one cupful pure maple syrup, or sorghum, one cupful seedless raisins. Beat well together and put into buttered double-boiler and steam four hours, then brown in hot oven.

Brown Bread.—Take one pint of white "sponge" and add one and one-half quarts of fresh graham flour, one tablespoonful sugar, one teaspoonful salt, and sufficient lukewarm water to form a stiff batter. Knead it thoroughly for about half an hour. Set to rise at an even temperature; when light, knead into loaves, using sufficient white flour, let rise to about double the size and bake one hour in hot oven. Have pans well oiled or buttered. Do not mix batter over night.

Salt-Raised Bread.—Pour upon a teacupful of milk sufficient boiling water to bring it to blood temperature, about 96 deg. F.,—higher temperature will result in failure—add one-fourth teaspoonful each of salt and sugar; stir in one large tablespoonful corn meal, or graham flour, and two teaspoonfuls wheat flour; mix all together to consistency of pancake batter and set to rise by placing bowl containing the batter in warm water; should water gather on top, dust in a

little flour and stir. If set in the early morning it will rise at noon. Mix as other bread, put in earthenware pans if possible, and let stand until light, when it is ready for the oven.

Corn Muffins.—Two cupfuls white corn meal, one teaspoonful baking powder, two eggs well beaten, one and one-half pints sweet milk; stir well together and bake in hot buttered pans for thirty minutes.

Whole-Wheat Muffins.—Three cupfuls whole-wheat flour, two teaspoonfuls pure baking powder, mix by sifting thoroughly. Put one beaten egg in one and one-half pints milk, add one tablespoonful melted butter, then stir into the dry mixture. Bake in gem pans in hot oven for twenty-five minutes.

Rye Bread.—Make "sponge" of one quart warm water, one cake compressed yeast (or one teacupful wet yeast), thicken by adding sufficient rye flour to make a batter; put in a warm place to rise over night; in the morning scald one pint corn meal and when cool add to

"sponge." Stir in sufficient rye flour to make a dough thick enough to knead; knead very little, put in deep pans, let rise again, then put into oven and bake one and one-half hours.

Zwieback.—Cut stale bread into slices, put into moderate oven and toast to a golden brown. May be eaten with milk or fruit juices. Is much improved by softening with hot water before serving.

Graham or Rye Gems.—To one or two cupfuls of graham or rye meal add two teaspoonfuls of pure baking powder, one and one-half cupfuls sweet milk, two tablespoonfuls melted butter; stir quickly and bake in gem pans twenty-five minutes.

Corn Pone.—Take one quart yellow corn meal, one-half pint white wheat flour, one teaspoonful each of salt and baking powder, one tablespoonful clarified butter or olive oil, one egg; add sufficient sweet milk to make soft dough. Put in oiled bread pan and spread over top one-half cup thick cream. Bake to a dark brown in hot oven.

Cakes.

In the making and use of cakes and pastry, it is well to have a certain knowledge of chemistry and digestion. The principal ingredients of cakes are white flour (starch), sugar, and oil; all three being carbon, differing only in form. When separate, and properly prepared, they are not difficult to digest; but when combined, without due knowledge, into one mass, form a mixture revolting to a sensitive stomach. The fact that sugar is digested principally in the mouth and throat, starch in the stomach, and animal oils emulsified in the duodenum, is sufficient evidence that harmful results follow the taking into the stomach of these three forms of carbon incorporated into one consistent mass. Scientific investigation has proved that only vegetable oils, such as olive, cotton-seed, and coconut, can, in limited quantities, be digested in the stomach; while animal fats cannot be digested, so must pass to the duodenum there to be emulsified by the action of the bile and pancreatic juices before they can be assimilated. Again, when the starch cells have been surrounded with animal fats, the action of the gastric juices have been impaired and digestion is prevented; fermentation and acidulation follows. From this it can readily be seen that animal fats have no place whatever in cookery, and that they should be entirely superseded by vegetable oils. Cakes, when made with vegetable oils and eaten only in small quantities as a dessert, are not harmful to well-being. Do not bake cakes in tin pans. The oxide of tin, formed by the heat during baking, permeates the cake and when eaten poisons the system. Use pans made from granite-ware, earthenware or aluminum. Be sure the flour is perfectly dry. Have eggs cold before whipping. Bake large cakes in a moderate oven. Lay a sheet of clean, white paper on top of cake when first placed into the oven to prevent a sudden formation of a top crust which would interfere with its rising. Remove the paper

when the cake has become thoroughly heated and well raised, otherwise it will not brown. A pan of water set in the oven alongside of the cake is often advantageous in preventing burning.

Chocolate-Layer Cake.—Beat half a cupful of butter to a cream, and gradually beat into it one cupful of sugar. When this is light, beat in half a cupful of sweet milk, one teaspoonful of vanilla. Beat the whites of six eggs to a stiff froth. Mix half a teaspoonful of baking powder with two scant cupfuls flour. Stir the flour and whites of eggs alternately into the mixture. Have three deep baking plates well oiled, and spread two-thirds of the batter in two of them. Into the remaining batter stir one ounce of melted chocolate, and spread this batter in the third plate. Bake the cakes in a moderate oven for about twenty minutes. Put a layer of white cake on a large plate, and spread with white glaze. Put the dark cake on this, and also spread with white glaze. On this put the third cake. Spread with chocolate glaze.

CHOCOLATE GLAZE.—Put into a granite or earthenware saucepan one-half pint sugar and one-fourth cupful water, boil gently until bubbles begin to come from the bottom, say five minutes. Take from the fire instantly. Do not stir or shake the sugar while cooking. Pour the hot syrup in a thin stream into the whites of two eggs that have been beaten to a stiff froth, beating the mixture all the time. Continue to beat until the glaze is thick. Flavor with one teaspoonful of vanilla. Use two-thirds of this as a white icing and to the remaining third add one ounce of melted chocolate. To melt the chocolate, shave it fine and put it in a cup, which is then to be placed in a pan of boiling water.

Chocolate-Marshmallow Cake.—Sift one and one-half cupfuls flour with one heaping teaspoonful baking powder. Cream four ounces cocoanut butter with one-half pound pulverized sugar; add yolks of three well-beaten eggs. Beat whites of three eggs to stiff froth. Mix all with flour, adding slowly one gill sweet milk. Flavor with one-half teaspoonful vanilla and bake in two jelly-cake pans.

MARSHMALLOW FILLING.—Boil four ounces chocolate and one-half cup sugar in one-fourth cup water until it will form

a thread between the fingers. Take one-half pound marshmallow candy, dissolve in one tablespoonful boiling water and add to chocolate. When cool, spread one-half of the filling over each layer; put them together and on top one sprinkle finely-chopped nuts.

Wedding Cake.—Sift three teaspoonfuls baking powder into one pound flour. Cream one pound cocoanut butter with one pound powdered sugar, to which mix well the beaten yolks of twelve eggs, then add one-half the flour, one tablespoonful each cinnamon, ginger, cloves and mace, one cup maple syrup or sorghum. Add alternately the beaten whites and balance of flour; mix well. Chop well two pounds each seeded layer raisins, currants, citron, almonds, and one-half pound each dates and figs. Add one-half glassful grape juice and mix the whole. Put in two large pans and bake two hours or more in moderate oven. This cake will keep in a cool place for three months.

Ray's Short Cake.—Sift together two cupfuls whole-wheat flour and two teaspoonfuls baking powder, add one-third cupful clarified butter and one cupful sweet milk. Roll in two layers, each one-half inch thick, and bake well.

STRAWBERRY FILLING.—Mash one quart strawberries in an earthenware dish and add powdered sugar to sweeten; set dish in hot oven until berries are well heated; remove and spread between and on top of the layers. Serve with cream.

CRANBERRY FILLING.—Pick and wash carefully one quart cranberries. Cook five minutes in granite or earthen vessel, using sufficient water to cover, then pour off water, and add same quantity boiling water and after cooking two or three hours, mash through colander. Add sufficient sugar to sweeten, then set on back of range and simmer for twenty minutes. Spread between and on top of layers and serve with cream.

Nut-Fruit Short Cake.—Sift together one teaspoonful baking powder and one cupful flour, add one cupful sugar, two tablespoonfuls melted clarified or cocoa-

nut butter, two well-beaten eggs and three tablespoonfuls sweet milk. Have all cold as possible, mix quickly with wooden spoon, put in two jelly-cake pans and bake in quick oven.

NUT-FRUIT FILLING.—Pick and wash carefully one quart cranberries. Cook five minutes in graniteware vessel, with sufficient water to cover, pour off water and add same quantity boiling water, cook two hours and mash through colander. Add sufficient sugar to sweeten, set on back of range and boil twenty minutes. When cold, add one pint finely-chopped or ground almonds or walnuts, spread between and on top of layers and serve with cream.

Ginger Cake.—To five beaten eggs mix well one cupful granulated sugar; add one-fourth teaspoonful each ground cloves and cinnamon, one tablespoonful ground ginger, one-fourth pound shredded candied lemon and orange peel, and two cupfuls flour into which has been well sifted one teaspoonful baking powder. When well mixed, add one-half pound Jordan almonds, previously blanched, slightly browned and chopped. Put in large pan and bake one-half hour in moderate oven.

Doughnuts.—Cream one-half cupful cocoanut or clarified butter with one cupful powdered sugar and one egg, add one and one-half cupfuls sweet milk and one-fourth teaspoonful ground cinnamon. Sift together one and one-half pints flour and one-half teaspoonful baking powder; mix all to a soft dough; roll out to one-half inch thickness on well-floured board, cut out with biscuit cutter and boil to dark-brown color in hot cocoanut butter, olive or cooking oil. Serve with powdered sugar.

Tea Cake.—Cream one-half cupful cocoanut butter with one and one-half cupfuls powdered or granulated sugar, then add one-half cupful milk. Beat two eggs until very light. Sift together one

teaspoonful baking powder with two cupfuls flour. Add to the creamed butter the flour and eggs alternately, then follow with one teaspoonful cinnamon, one-half teaspoonful cloves, one tablespoonful lemon juice, and one-half pound seeded raisins chopped and floured. Bake in moderate oven until nicely browned.

Sorghum Cake.—Two cups flour, one cup sweet milk, one-half cup cocoanut butter, one heaping teaspoonful soda, one cup sorghum, one-half teaspoonful cinnamon or ginger; mix thoroughly; put in oiled pan and bake to a dark brown in hot oven.

Nut Cookies.—Cream one cupful cocoanut butter with one pound light-brown sugar, add two well-beaten eggs, one cupful sweet milk, one cupful chopped hickory nuts (or other nuts may be used), and flour enough to stiffen. Roll out, cut and bake in very quick oven. If olive or cooking oil is substituted for cocoanut butter, use only one-third or one-half cupful.

Fruit Cake, Par Excellence.—Take five pounds seeded layer raisins, two pounds seedless raisins or cleaned currants, one pound figs, one pound citron, one-half pound candied orange peel, one-half pound candied cherries, two ounces candied ginger, one teaspoonful ground cinnamon; chop well and mix thoroughly, or, better still, grind all together with a vegetable chopper. Cream one pound cocoanut butter with one pound flour. Separate sixteen eggs; beat whites to a stiff froth; beat yolks with one pound pulverized sugar until light, then add alternately a spoonful each of beaten whites and the creamed butter and flour; beat and mix well. Add the fruit and one pint grape juice; mix thoroughly and put in large oiled pan and bake two hours in moderate oven. The longer this cake is kept, the better it will get. Keep well wrapped in a close box.

Almond meats may be used as a substitute for the candied cherries.

Candies.

Pure home-made candies, eaten in moderate quantities only after a meal, are not injurious to the system. Children are often benefitted by occasionally eating a

small amount of wholesome sweets after a meal, but not before, as digestion would be impaired. Do not use cheap candies sold at the stores; they contain glucose and poisonous coloring matter. Avoid the use of syrups which contain glucose. Few brands are free from it, and it is better to make all syrup from sugar at home. Maple syrup, when pure, is the most healthful. Glucose is made by subjecting corn starch to the action of sulphuric acid and heat, and it has been demonstrated that the use of this product will cause Bright's disease and other kidney disorders. Sorghum should be used only for cooking, and in moderate quantities. The same may be said of New Orleans molasses. Thoroughly wash the teeth after eating.

Coocolate Creams, No. 1.—Beat whites of two eggs to stiff froth, and into this beat gradually two teacupfuls powdered sugar. Flavor with one-half teaspoonful vanilla and work to stiff dough, adding a little more sugar if necessary. Shape into small cones and lay on oiled plates or paper. Let stand one hour or more. Put five ounces shaved chocolate into a bowl, set in saucepan containing boiling water and put on the fire. When chocolate is melted, remove pan to table and drop creams one at a time in chocolate, remove with fork and lay on oiled plates or paper. They will harden in about one-half hour.

NUT CREAMS.—As soon as creams are laid on plate, over each put the meat of any nut desired. Ground nuts may be mixed with the creams before shaping. Makes a very delicious confection.

Chocolate Creams, No. 2.—Prepare a fondant by putting into a graniteware saucepan two cupfuls granulated sugar and one cupful water. Stir until sugar is nearly dissolved; place on fire and heat slowly, but do not stir or jar saucepan. Watch carefully and note when it begins to boil. After boiling ten minutes, drop a small quantity into cold water; if it hardens sufficiently to form a soft ball when rolled between thumb and finger, it has been boiled sufficiently. Take saucepan from fire immediately and set in a cool, dry place. When syrup has cooled so that finger can be held in it comfortably, pour it into a bowl and stir with wooden spoon until thick and white. When a little dry and hard, take out spoon and work with hand until soft and smooth. Flavor with a few drops

of vanilla, and, after shaping, cover with chocolate as in recipe No. 1.

Chcoanut Candy.—Dissolve one pound powdered sugar in four tablespoonfuls of water; put in graniteware saucepan and set on fire; when it begins to boil, stir in one pound shredded cocoanut. Continue boiling until flaky and pour in oiled plates or pans. Cut in squares when sufficiently cooled.

Candied Fruits.—Take one pound cut-loaf sugar; dip each lump into a bowl of water and put in preserving kettle. Boil down and skim until perfectly clear and in a candying state. Have ready fruit to be candied, such as cherries, grapes, currants, oranges divided into sections, sliced pineapple, peaches, plums, etc., wipe but do not wet. Dip fruit in prepared sugar while hot; let remain a few minutes; remove and put on oiled plates or paper to harden. If carefully done, will keep indefinitely.

Nut Candy.—Put one pound light-brown New Orleans sugar in graniteware saucepan and add four tablespoonfuls water; stir until dissolved, then put on fire and boil. Have ready one pound nut meats and when first sign of graining is noticed, stir in nuts; take from fire and pour in oiled plates or pans. When cold cut in bars.

Chocolate Caramels.—Put two pounds brown sugar in graniteware saucepan, add one-half cake chocolate finely shaved, one-half pint sweet cream, one heaping teaspoonful cocoanut butter, vanilla flavoring to taste. Boil until quite thick, pour into buttered dishes to cool. When sufficiently cooled, cut into sections.

Cereals.

In the preparation of cereals for food, there is a great advantage in roasting before boiling. Roasting or browning changes the starch into dextrin, which is easily

assimilated, while boiling only forms it into a slimy mass, difficult to digest. The saving of time is an important item, especially when preparing breakfast, and grain preparations first baked require only five to fifteen minutes cooking, while in a raw state they must be boiled one to seven hours to make them edible. Rolled wheat may be sufficiently cooked in one hour, while corn meal and oatmeal requires five to seven hours careful boiling. All wheat preparations, such as Farina, Wheatlet, Farinose, etc., should be sprinkled dry into a saucepan of boiling water. Stir until they reach the boiling point and begin to thicken, then push back where they will boil slowly for forty-five minutes. Do not cook them in a double boiler, because the heat generated is not sufficient to separate the starch cells without prolonged cooking. The average temperature of heat in a double boiler rarely exceeds 180 deg. F., which is only adapted to the proper boiling of eggs, other foods requiring not less than 212 deg. The use of baked or roasted cereal foods, of which there are numerous kinds on the market, is strongly advised. Avoid sugar on all cereal preparations when milk is used, as their mixture causes rapid fermentation and produces dyspepsia.

Granose Biscuits.—Two biscuits will suffice for an ordinary meal. Serve with cream or fruit juices.

Pop Corn.—Pop as usual and grind moderately fine. Use one teaspoonful ground peanuts or almonds to every three tablespoonfuls ground pop corn. Serve without milk.

Cracked Wheat.—Brown a quantity of cracked wheat in a moderate oven; sprinkle into a saucepan of boiling water and boil for thirty minutes. Cream or coconut butter may be added.

Grainol.—Re-bake slices of stale whole-wheat bread in a moderate oven, break with a rolling-pin or grind on mill to any desired fineness. Four tablespoonfuls will suffice for one meal. If white bread is used, double the amount for each dish. Serve with cream, but without sugar.

Sweet Corn.—First-quality sweet corn, parched and ground moderately fine and soaked in cream or milk, makes a very wholesome dish. If boiled five minutes before serving, the flavor will be greatly improved.

Cornola.—Field corn, well parched and finely ground and soaked in hot milk or water, makes an excellent breakfast dish. Instead of sugar, use a small quantity of ground almonds, or pinon nut butter.

Cream Toast.—Make a cream by adding to one quart boiling milk one tablespoonful white flour blended with sufficient cold milk to form a smooth paste; boil until smooth and creamy, stirring constantly. Add a little salt and one teaspoonful coconut butter. Toast a num-

ber of slices of white bread to a golden brown in a moderate oven, pour over each piece separately sufficient boiling water to soften, drain and lay on plates and cover with the cream. Very delicious and a splendid dish for a convalescent.

Graineno.—Re-bake whole-wheat or graham crackers in moderate oven for five minutes; break with rolling-pin or grind on mill to desired fineness. To three tablespoonfuls add two teaspoonfuls roasted-peanut butter, pine nut butter, or ground almonds. Serve dry. Very beneficial in promoting flow of saliva.

Grape-Nuts.—To three heaping tablespoonfuls Grape-Nuts add three teaspoonfuls ground roasted peanuts, or peanutta. Roll peanutta with Grape-Nuts and masticate slowly. Use cream or milk only when stomach is in good condition.

Shredded Wheat.—Brown the biscuits in slow oven, break with rolling-pin or grind in mill. Serve with milk or cream. The addition of almond or walnut butter will greatly improve the flavor. Obese persons should eat such preparations without cream or nuts.

Farmers' Rice.—To one cupful whole-wheat flour add pinch of salt and sufficient cold milk to form dry rivelings; add milk slowly and work with spoon by rubbing to prevent formation of large lumps. One beaten egg may be used instead of milk. Put two quarts milk in graniteware pan, set on fire and when boiling point is reached, stir rivelings in slowly. Boil slowly fifteen minutes, watching carefully to prevent burning.

Very nutritious and greatly appreciated by all having unperverted appetites.

Grainutta.—Cut into thin slices stale whole-wheat and rye bread; remove the crust, using inside of bread only. Put into moderate oven and allow both sides to become a dark-yellow color. When

cold, grind or roll to medium fineness. Sack or put in jars and keep in dry place. Before serving, place into moderate oven for a few minutes. Serve with nut food or cream. Use two-thirds of wheat to one-third rye bread. The outside crust can be preserved for making symposia.

Condiments.

Great danger attends the frequent use of stimulating condiments, and the digestive organs may be so habituated to their presence that plain food seems insipid. Such conditions cause a perversion of the appetite and a long train of evils follows. Spicy condiments afford no nutrition and are not essential to the process of digestion in a healthy state of the system. Though they may in some cases, assist the action of a debilitated stomach for a time, yet their continual use never fails to produce a weakness of that organ, the effect being as that of alcohol or other stimulants:—present relief at the expense of the future suffering. The excessive use of salt, pepper, vinegar, and mustard, causes liver and nervous affections; the same may be said of other spices, yet to a less degree. Black and white peppers and nutmegs should not be used; they are active poisons and produce dangerous results, even in small quantities. Horse-radish and mustard are first-cousins, and are not harmful if used occasionally. Cloves, allspice, mace, and cinnamon should be used sparingly. Red pepper, ginger, and salt have medicinal properties and their use in moderate proportions is very beneficial. Vinegar should not be used, as the acetic acid which it contains is highly injurious to the delicate lining of the stomach; substitute lime or lemon juice. The use of savory herbs, such as thyme, parsley, sage, sweet marjoram, mint, and garlic, and caraway, celery, and dill seeds in soups, salads, sauces, etc., are very beneficial and act as a very mild stimulant.

Croquettes.

Plain Nuts.—To three tablespoonfuls ground peanuts add one-half cupful finely-crushed bread crumbs, two eggs, one-half cupful milk. Drop with spoon into hot cocoanut butter and brown. Serve to taste. Instead of peanuts, use pine nuts.

Cheese.—To two cupfuls grated cream cheese add one-half cupful peanutta (recipe will be found under head of "Nuts"), one level teaspoonful salt, dash of cayenne pepper, whites of two eggs. Mix thoroughly; roll into small balls, dip into beaten yolks of eggs, then roll into cracker-dust, then again into beaten yolks, then again into cracker-dust, then fry to a golden brown in a deep pan of hot oil. Serve with tomato sauce.

Chestnut.—Put three cupfuls milk in saucepan, set on fire and when it begins to boil add the soft portion of one-half loaf of bread, mixing well; then add

thirty roasted chestnuts well pounded, two well-beaten eggs, two tablespoonfuls ground walnuts, two tablespoonfuls finely-chopped parsley, one tablespoonful salt, dash cayenne pepper. Mix thoroughly, boil three minutes, then take from fire and set one hour to cool. Form into shapes, roll into beaten eggs and cracker, dust and fry in hot oil. Serve with tomato sauce or catsup.

Peanut.—Mix well together three cupfuls ground raw or slightly-roasted peanuts, one cupful Grape-Nuts, two level teaspoonfuls salt, three tablespoonfuls chopped parsley, two tablespoonfuls onion juice, good dash cayenne pepper. Cream two tablespoonfuls clarified butter or oil with three tablespoonfuls flour, mix with one pint boiling milk until smooth and thick. Add this to the foregoing preparation of nuts, etc., and set away

to cool; then form into desired shape, roll in bread crumbs or cracker-dust and beaten egg, and fry in hot oil to a golden brown. Serve with dressing or catsup.

Peanut-Fruit.—Boil in two cupfuls milk two cupfuls ground raw peanuts; add one cupful finely-chopped celery, one-half cupful seeded raisins or figs,

one teaspoonful sweet marjoram, two teaspoonfuls oil, one teaspoonful salt, one tablespoonful bread crumbs, two eggs; mix well. Shape into small balls and dip into following batter: Two tablespoonfuls flour, one egg, pinch of salt, mixed well with one cupful milk. Fry to golden brown in hot oil and serve with or without dressing.

Dressings.

Mayonnaise Without Oil.—To one-half cupful lemon or lime juice, add one teaspoonful dry mustard, the well-beaten yolks of three eggs, one-half teaspoonful sugar, dash of cayenne pepper, and pinch of salt; beat well and add slowly one-fourth pint rich, sweet cream. Cook in double boiler until it thickens.

French Dressing.—Into a bowl put one-half teaspoonful salt and one-half teaspoonful mustard; add gradually six tablespoonfuls olive or salad oil, rubbing constantly; then add very slowly, while stirring, one tablespoonful lemon or lime juice. The advantage of this dressing is that any kind of flavoring may be added, such as Worcestershire or Tobasco sauce, catsup, onion juice, garlic, etc.

Mayonnaise, No. 1.—Put yolks of two eggs in clean, dry soup plate or bowl; stir with wooden or plated fork; add one-fourth teaspoonful salt, then drop by drop, salad or olive oil. Time will be saved and danger of curdling avoided if oil and eggs are cold. After eight tablespoonfuls of oil have been added, begin to add alternately, one or two drops at a time, lemon or lime juice and oil, allowing two tablespoonfuls juice to each pint of oil. By adding lemon juice and oil alternately, a jelly-like or oily condition is prevented and the dressing will be nice and smooth. Stir in one direction only. More or less oil may be added, according to quantity of dressing desired.

Do not add seasoning to dressing; it is better to season the salad.

Mayonnaise, No. 2.—Put yolks of one egg into a bowl, add one-half teaspoonful salt and beat until light; add one-half teaspoonful dry mustard and beat again. Then add olive or salad oil, drop by drop, until it begins to thicken, then a few drops lemon or lime juice; continue this process until one-half glassful or more oil has been absorbed. Add a very little cayenne pepper.

Mayonnaise, No. 3.—To the yolks of two hard-boiled eggs add a scant teaspoonful mustard, sprinkle of cayenne pepper, a little salt; mix well and add very slowly eight tablespoonfuls olive or salad oil, stirring constantly. The mixture should be thick. Add also, very slowly, one tablespoonful lemon juice. If too thick, thin by adding slowly a little more oil.

Nice Dressing.—Take the yolk of one hard-boiled egg, rub through a sieve, mix in a bowl with the yolk of one raw egg; add a pinch of salt, a dash of cayenne pepper and one teaspoonful mustard. While stirring one way with a wooden spoon, add slowly and alternately eight tablespoonfuls olive or salad oil and two tablespoonfuls lemon or lime juice; lastly add two tablespoonfuls finely-chopped olives, parsley and celery ps. Excellent to serve with cold asparagus.

Eggs.

Probably no article of diet receives more abuse at the hands of the cook than eggs. They answer admirably as food when properly prepared, but as usually served are valueless, and the human stomach would thankfully avoid their introduction, were it possible. "Chemical analysis of the egg shows that the white

is almost pure albumen; and that the yolk is composed of albumen, fats and phosphates. The yellow color of the yolk is due to a peculiar oil, made up chiefly of sulphur and phosphorus, which forms nearly two-thirds by weight of the perfectly dry yolk. If eggs are to be served in a wholesome state, it is necessary to prepare them intelligently, with a thorough knowledge of the effect of heat upon their component parts. In cooking eggs, it must be remembered that albumen is completely coagulated below a temperature of 170 degrees Fahrenheit, and any higher heat will make this substance tough, horny and indigestible. Eggs, being a concentrated food, should be eaten sparingly. In cases of kidney troubles, gout and rheumatism, they will not be harmful provided they have been hard-boiled or poached according to instructions following. Eggs, hard-boiled or poached at a temperature of 212 degrees Fahrenheit, or fried, are deleterious to persons suffering from these disorders, because the albumen, having been rendered tough and indigestible, ferments easily in the stomach and forms acids poisonous to the system. Eggs should not be eaten when fried, but raw or in custards, boiled or poached according to following methods:

SOFT-BOILING.—This method is not as advisable as those subsequent, as the albumen is only partially coagulated and in this state is not so easily digested. Allow one pint of water to each egg. If you wish to boil six eggs, put them in a large pan; take six pints of water, put in a kettle or pan and bring to steaming point (not boiling), over the fire; pour water over the eggs and set on back portion of stove five to eight minutes. If the water has been the right temperature, the eggs will be ready to serve.

HARD-BOILING.—Put in cold water, bring to 170 degrees Fahrenheit (about steaming point), set on back of stove for forty-five minutes. In this way the albumen will be reduced to a jelly-like substance, easily digested, and the yolks will be dry and mealy. A double boiler may be used to advantage, the temperature being more easily controlled, but the water in outer vessel must be continuously kept near the boiling point, as the contents of inner boiler will be heated to a less degree.

POACHING.—Put eggs in water of a temperature of 132 to 160 degrees. Have enough water to cover, and as soon as film has formed over yolk and white is set and jelly-like, remove from water and serve at once. The use of egg-poachers is advised. Always keep water below boiling point. Remove the life germ from eggs broken for poaching or cooking purposes, as it is heating to the system.

CUSTARDS.—It is preferable to cook custards in a double boiler rather than baking in an oven. If put in a china or earthenware bowl, set in a steam cooker and boil until done, the flavor will be found admirable. Do not flavor custards with nutmeg; this spice is objectionable because its poisonous properties often produce cholera morbus.

SCRAMBLED eggs and omelets should be cooked at low temperature in double boiler, but not fried.

Poached Eggs on Toast.—Toast slices of whole-wheat or rye bread to a golden brown in a moderate oven; while yet hot, dip them into boiling water for a few seconds; remove quickly and lay on large platter. On each slice lay one poached egg; garnish with parsley or cress and serve hot.

Deviled Eggs.—Take six hard-boiled eggs, which have been dropped into cold water immediately after boiling; peel and cut crosswise, taking care not to break whites. Take out yolks and rub them with one tablespoonful olive oil to a smooth paste; add two tablespoonfuls

chopped mushrooms and parsley flavored with lemon juice. Heat and mix well; then stuff whites, garnish with lettuce or water-cress and serve.

Scrambled Eggs.—Break six eggs into a bowl; add one pint hot milk and stir quickly. Add small spoonful coconut butter and a little salt; cook twenty minutes in double boiler.

Poached Eggs With Mushrooms.—To one can mushrooms placed in saucepan, add one-half teaspoonful salt, a dash of cayenne pepper and a few drops lemon juice. Boil ten minutes, take out mushrooms and thicken sauce with

a little flour. Pour sauce on platter, lay ten poached eggs around the outside, put mushrooms in center; serve hot with toast.

Cheese Omelet.—Mix to a smooth paste three tablespoonfuls flour with one-half pint milk. Beat together four eggs and one-fourth pound of grated old cheese. Add this to flour and milk, beating briskly for several minutes. May be cooked in individual dishes set in pan of boiling water, or in double boiler; boil thirty minutes. Serve with catsup or tomato sauce.

Apple Omelet.—Pare and core four large apples. Boil until tender and rub through sieve; beat smooth while hot and add one tablespoonful cocoanut butter, three tablespoonfuls sugar and one-half teaspoonful ground cinnamon. Whip separately the whites and yolks of four eggs; add yolks first to the beaten apple,

mixing well, then the whites. Pour all into a pudding dish and bake to a delicate brown in a moderate oven. The addition of pinon butter improves flavor.

Vegetable Omelet.—Chop finely together one onion, two heads crisp lettuce, or parsley, and one green pepper, adding a little salt. Mix with four well-beaten eggs and three tablespoonfuls cream. Cook thirty minutes in double boiler or steam cooker. Serve in original dish.

Egg Plant Omelet.—Pare one egg plant and cut in slices; soak one hour in strong salt water. Take from salt water and put in saucepan, adding fresh water, and boil until tender. When done, mash, and, when cold, add five well-beaten eggs. Put in double boiler and cook thirty minutes. Serve on nicely-browned toast and garnish with parsley.

Fritters.

Corn.—To two cupfuls finely-chopped green corn, add the well-beaten yolks of three eggs, one-half cupful ground toast, one cupful milk, one level teaspoonful salt, two teaspoonfuls nut butter, and the well-beaten whites of three eggs. Mix thoroughly; drop from spoon into hot oil and fry to a golden brown.

Rice.—To two cupfuls cold, well-boiled rice add two cupfuls cracker-dust, two teaspoonfuls sugar, two teaspoonfuls olive oil, or three teaspoonfuls cocoanut butter, one level teaspoonful salt, a dash of ground cinnamon, two well-beaten eggs, one cupful scalded milk. Shape into balls and roll into well-beaten egg, then into cracker-dust and fry to a nice brown in hot oil, or cocoanut butter. Serve with peanut or almond butter.

Tomato.—To one can tomatoes add four cloves, two bay leaves, one tablespoonful finely-chopped parsley, pinch of cayenne pepper, two tablespoonfuls scraped onion, one-half cupful toasted bread crumbs; put in saucepan and cook on fire for ten minutes. Take off fire and rub through sieve all that is possible. Return to fire and add three tablespoonfuls sugar, one teaspoonful salt, three

tablespoonfuls cocoanut butter, or two tablespoonfuls olive oil; when boiling begins, add two tablespoonfuls flour mixed to a smooth paste with a little cold water; boil two minutes, then pour into shallow dish to set. When cold and firm, turn out, cut into slices or various shapes, roll in beaten egg then cracker-dust and fry to a golden brown in hot oil. Garnish with parsley and serve with catsup.

Apple.—To one cupful whole-wheat flour, add yolks of two eggs, one-half pint milk, one tablespoonful olive oil; beat until smooth. Grate slowly three peeled apples into the batter; then add the beaten whites of the eggs. Drop with tablespoon into hot oil. Serve as desired.

Instead of apples, seeded prunes, peaches or other fruits may be used. Put over the fruit grape juice and powdered sugar, let stand for one hour, turn once, then dip in batter as used for apple fritters and fry in oil.

Salsify.—Take one dozen oyster plants; throw each piece, as soon as washed and scraped, into water to prevent discoloration. Cut into slices and

boil in saucepan over fire until tender. Drain and mash through colander; add one tablespoonful flour, one level teaspoonful salt, two well-beaten eggs; mix and drop with spoon into hot oil. When browned, serve with sauce to taste.

Banana.—Cut into halves crosswise six peeled bananas, put in dish and sprinkle over one-half cupful powdered sugar, then pour on the juice of two large Naval oranges; set in cool place one hour, turning occasionally. Roll alter-

nately several times in beaten egg and cracker-dust and fry in hot oil. Serve with sauce to taste. Other fruit may be used in place of banana for variety.

Bread.—Soak one-half loaf bread in milk; mash fine and add one tablespoonful flour, two well-beaten eggs, one-half cupful currants or seedless raisins, one grated rind of lemon. Mix well and drop from spoon in hot oil. Fry to golden brown; serve garnished with lettuce or cress.

Fruits.

Fruits are nature's panacea for human ills. They contain all the medicinal properties needed to keep man in a state of health. Their judicious use will "cool the fevered brow and stay the tottering footsteps to the grave." As there is such a great variety of fruits, it is scarcely possible to speak separately of every one in a publication with limited space, but a mention will be made of the most important ones indigenous to the United States. Then, too, every person differs from every other person as to temperament and tastes, and no fast rule can be given which would govern all cases. Every person must learn by experience when a certain fruit is not agreeable. The principal proportions of each fruit mentioned will be given, and deductions must be drawn accordingly.

Apples, in the past, have oftentimes been underestimated as to their royal qualities, and it is only in late years that their true values have been universally recognized. The apple may be justly considered the queen of fruits, though of course, this has no bearing on Eve's weakness in the garden recorded by the ancient allegory. The nutritive value of the apple is about 14 per cent, and consists chiefly of carbohydrates and vegetable acids. It also contains a generous amount of phosphorus, which makes it particularly valuable to brain workers and persons with nervous tendencies; also to children and to the aged. The apples have an additional advantage over other fruits in that they can easily be kept on hand at all seasons of the year in a fresh condition without canning. Only the soft and juicy varieties, when ripe, should be eaten raw; those hard and partially unripe should be boiled, particularly the variety known as the Ben Davis. Apples are rich in iron and are valuable in cases of anæmia.

Apricots are the result of a cross between a peach and a plum, and offer little of value for food. As a rule, they

are woody and often cause distress to those who eat them.

Bananas are a nutritious food when ripened in their native haunts, but those sold in northern and remote markets are decidedly unfit to eat. Partial decomposition has taken place during the ripening process, and fermentation begins almost as soon as the fruit has been taken into the stomach. Bananas for shipment have been picked when green, and often stored before ripening in damp cellars, the odors of which the fruit readily absorbs. The banana contains about 14 per cent nutriment, consisting chiefly of carbohydrates, which, when the fruit is green, is principally in the form of starch; but in the ripening process on the stalk this starch is changed to grape sugar and soluble starch, which form a valuable food suited to warm climates. The brown variety is sweeter than the yellow and of finer grain.

Blackberries furnish a valuable combination of acids, phosphates, iron and other minerals in an organized state; but, as the seeds and pulp are injurious to various bodily organs, only the juice

should be used. Boil the berries, strain through flannel bag and bottle the juice in an unfermented state; or convert into jelly. Makes a very refreshing drink, valuable when the blood has become impoverished and is lacking in iron.

Cherries are "food for the gods" and much might be said of their valuable properties. Suffice it to say that they should be eaten whenever desired. It is well to have a quantity canned that they may be on hand at all seasons of the year. The unfermented juice makes a valuable table wine. It may be made from jelly dissolved in the necessary quantity of water to suit the taste.

Currants which are imported in the dried state are seedless, and therefore better than home-grown varieties, which are nearly all rind and seeds. Only the juice of the latter should be used, either in the form of jelly or bottled in an unfermented state. Dried currants should be thoroughly washed before boiling. Boil in two waters, pouring off the first after five minutes' use.

Cranberries make an excellent sauce, valuable to serve with nut preparations, but should be put through sieve or colander before eating. The rinds are indigestible.

Dates, in dried state, contain 62 per cent carbohydrates, are very nutritious and should be eaten sparingly. Only first-class qualities should be used.

Figs, in dried state, contain 70 per cent carbohydrates; they are valuable as food but should be eaten sparingly. Select for use only those of first quality as the cheaper grades contain vast multitudes of animalcules which, when taken into the stomach, produce violent headaches. The white, sugary deposit, which may easily be seen by the naked eye, contains the animalcules; they are visible only by the aid of a microscope. Raisins, prunes, dates, currants, etc., having these white deposits, should be carefully scrutinized for the same reason.

Gooseberries have no other use than to be made into jelly and jam. The seeds and rinds in all cases should be discarded.

Lemons are the most valuable of all citrus fruits and their medicinal proper-

ties are widely known. To get the full values, they should be baked in a moderate oven until soft, care being taken that they do not burn or burst. The action of heat during baking forms organized salicylic acid, which is a valuable diaphoretic. In cases of colds and pulmonary disorders, it acts very effectively. Only organized salicylic acid, such as made from citrus fruits, especially the lemon, or pure oil of wintergreen, should ever be used as a diaphoretic; the commercial acid, which is unorganized and made from carbolic acid (a coal tar product), is a deadly poison and should in no case be taken into the stomach. Lemon juice should take the place of vinegar at all times.

Nectarines are the result of a cross between a plum and a peach. They have little to commend them more than to give additional variety.

Oranges furnish a delicious juice which is refreshing and very appetizing. May be taken to advantage in the morning just before breakfast. The pulp and rind should be discarded. Avoid the use of oranges the rinds of which contain an oil which produces a biting and stinging sensation to the lips; the juice is poisonous to the system. The Naval is the best variety.

Grapes were of the earth when it was young and drank its glories from the gates of paradise. No fruit has more excellent food values than the grape. From time immemorial it has graced the tables of the rich and poor alike, and furnished them with wine unequalled by the nectar of the gods. Bread and wine are still the chief articles of diet of many who live in the Orient. The salts and acids which this fruit contains enrich the blood and do much to keep it in a state of purity. The seeds and rind are indigestible and should not be eaten. A glass of wine taken at each meal instead of coffee or tea would "open wide the portals of the mind and let the light of reason in." In speaking of wine, the unfermented grape juice is meant; that which has been impregnated with ferment is not a food, though, in some cases, it may be used as a medicine. From the infinite variety of grapes, choices may be made to suit any taste.

Avoid the variety known as the "Catawba;" they are poisonous to many persons.

Peaches, perfectly ripe and of good quality, are wholesome in moderate quantities; if eaten green, form a subject for another "Tale of Woe." The fuzzy skin should always be removed from a peach before eating; if taken into the stomach, it often causes convulsions and great distress. Peach kernels contain hydrocyanic acid (a deadly poison) in a very weak solution, and if eaten in quantities, produce deleterious effects. The kernel of the plum, cherry, apricot, nectarine and bitter almonds also contain poisonous properties and should not be eaten.

Pears, in most cases, have a woody fiber which is indigestible. Those varieties which are juicy and tender, and which are not grainy, may be eaten occasionally to advantage. The chief values are in the juices which contain organized mineral salts, such as iron and sodium, also phosphorus, etc.

Plums contain an acid which is injurious to the digestive organs of many persons, and should not be eaten when deleterious effects are noticed. Prunes are a very nutritious fruit and should be eaten whenever desired. They afford the highest nerve and brain food, supply heat and waste, but are not muscle feeding. In all instances when dried prunes are used, pour off the first water after cooking ten minutes; add fresh boiling water to cover and boil six to

eight hours. This makes them tender and very delicious. In all cases the first water should be removed, as it carries away the sulphur and alkali used during the process of drying and preparing for the market.

Pomegranates, though indigenous to the Orient, are successfully grown in the warmer portions of the United States. They are very delicious, though they contain no known medicinal properties.

Raspberries, like blackberries, should be used only for making wines and jellies. The seeds and pulp affect the digestive organs in such a way as to cause great distress. They should not, in any case, be given to invalids or convalescents. The juice is very refreshing and may be freely used.

Strawberries are very beneficial, and make their appearance in the spring and early summer in time to be of great value as a blood purifier. They should be freely eaten, but well masticated to reduce the seeds which might, in some instances, cause distress to the stomach. Strawberries are rich in iron.

Pineapples are from "the garden of the gods." They furnish a food of great value to those who live in tropical climes. The juice is very soothing to the digestive organs, and numerous cases of chronic dyspepsia have been completely cured by its use. When canned pineapples are used, select those which have been preserved in glass jars in preference to the ones in tin cans, as the acid forms a poisonous oxide in the latter case.

Jellies.

As an article of food, jellies may be eaten occasionally. In many cases they cause a disturbed condition of the stomach, and persons with obese or diabetic tendencies should carefully avoid their use; also candies, syrups and sugar. Jellies may be used to advantage in making refreshing wines by dissolving in sufficient cold water to dilute to taste. Serve in glasses after a meal. Space forbids the giving of recipes for making the various fruit jellies. Select the fruit desired, boil in porcelain or graniteware kettle, adding a little water if necessary, until soft; strain and mash through a suitable cloth, flannel preferred, and allow one pound of granulated sugar to each pint of juice. Boil again for five minutes, then add the sugar and boil until it jellies. All jellies should be preserved in glassware, never metal, and should be kept in a cool, dark place, free from dampness. Light is very destructive to their keeping qualities. The use of jellies by picnic and camping-out parties for making appetizing drinks, must be tried to be appreciated. On

these occasions a tempting lunch will be given additional relish by an accompanying fruit juice of coveted flavor. Plum jelly should not be used, as the fruit acid too often causes acidulation of the stomach, with following pain and distress.

Meat.

That meat is not food for man, needs not to be forcefully presented to the cultured and intellectual mind. This fact is as readily recognized by those having refined sensibilities, as the simple law that purity cannot emanate from degradation. Flesh eating is a remnant of man's bygone barbarism which should be long forgotten. At the dawn of the twentieth century the orient light of wisdom more forcefully heralds forth the admonition that man must cease to defile God's temple. The so-called religionists, who "pray in high places" and strive so earnestly to show their fellow-men the righteous road which leads to peace and everlasting life, forget that they should first seek purity in themselves before they guide the erring ones along the narrow way. Purity of mind can only follow purity of body, and lofty sentiments and ideas cannot emanate from pork chops, sausages or chicken fricassee. The eating of meat, in many instances, has been the cause of great distress in social and family circles; and it has been known to change affairs of state and plunge whole nations into ruin. It is well known to students of history that the dinner eaten by Napoleon the Great just before the battle of Leipsic proved so indigestible that the monarch's brain became confused, and, as a result, the battle was lost. The eel stews of Mohammed II kept the whole empire in a state of nervous excitement, and one of the meat pies which King Philip failed to digest caused the revolt of the Netherlands. The immutable law of evolution has designed that life must pass from the mineral kingdom to that of the vegetable, and from the vegetable kingdom to that of the animal. Man's transgression of this law by the eating of flesh has brought the human race to a state of degeneracy which time and righteous living alone can change. "Thou shalt not kill," is a divine commandment, given to man at the dawn of his creation to guide him in a life of righteousness and purity. Moses embodied this same commandment in the law which he formulated to govern the children of Israel. The penalty for its disobedience has always been the same,—death. "Thou shalt not kill" is not confined to man alone, but governs the entire animal kingdom. The killing of an ox is a transgression of the law the same as the killing of a man; the penalty remains the same. Kill not at all, and eat not that which has been killed. The eating of flesh will not build up cellular tissue in man; this can only be done by a vegetable diet. Flesh foods load the blood with impurities and cause rapid disintegration, making of man a walking graveyard and a human garbage barrel. If man did not eat potatoes, white yeast bread, and meat, nor use narcotic beverages, such as spirituous liquors, tea, and coffee, 90 per cent of the evils existing today would be removed.

Nuts.

The proper food for man is an intelligent combination of fruits, grains, nuts and vegetables. An infinite variety may be secured suited to all conditions and occasions. Fruits, on account of their peculiar construction, should not be eaten with vegetables, but with nuts or grains. Nuts, because of their oily nature, should be used in combination with fruit, the acids of the latter aiding greatly in digestion. They may be used to great advantage with vegetables and grains. Pop-corn eaten with black walnuts or hickory nuts forms new flavors which are delicious and appetizing. Nut preparations are very wholesome, but should be used in small quantities as they are a condensed food. Every family should have a hand mill with which to grind cereals, nuts, vegetables, etc., and many delicacies may

be easily and cheaply made at home. Those who are beginning to see that meat-eating is not conducive to healthful conditions of mind and body, will find nut preparations a valuable aid in making a radical change to vegetarianism. The following recipes will aid in suggesting various other nut dishes.

Pinon Butter.—Roast and grind pine nuts and prepare same as other nut butters. Very fine for flavoring soups, etc.

Filberts.—Blanch same as almonds. Place in moderate oven for a few minutes until dry and crisp. Grind to fine meal on mill. Used same as others.

Brazil Nut Butter.—After shelling, blanch and roast for a few minutes in moderate oven. Grind to very fine meal. Used in small quantities, gives a delicious flavor to cereal preparations. Better when freshly prepared.

Walnut Butter.—Use the paper-shell English walnut. After shelling, blanch same as almonds. Put in oven until slightly browned, then grind to fine meal on mill. Pack in air-tight glass jars and set in cool place. May be used with any fruit or grain dish.

Hickory Nuts.—After being shelled, set the kernels into moderate oven for a few minutes, then grind on mill. Put in air-tight glass jars and set away in cool place. A little nut oil may be added on top, if desired. Very fine for flavoring soups, symposia and other dishes.

Peanut Butter.—Roast a quantity of shelled peanuts in moderate oven for about thirty minutes, enough to give them a brown color; remove the skins when cold and grind in a mill to fine paste, the finer the better. A splendid butter for bread, and sandwiches; very fine for flavoring soups, symposia, etc.

Peanutta.—Put a quantity of shelled peanuts into a slow oven for twenty minutes. Do not allow them to get brown. Take them out; when cold the brown skins may be easily rubbed off. Grind

to a fine, smooth paste on a mill. Put three cupfuls ground peanuts into a sauce pan; add five cupfuls water and boil over slow fire, stirring frequently, for forty-five minutes. Pour into porcelain dish and set in cool place. Very fine in soups, in cereals, symposia, or as butter to spread on bread.

Chestnuts.—The large Italian or Appennine chestnuts are the best. Boil them, when fresh, for twenty minutes, then bake in hot oven for ten minutes, or until mealy; puncture shells with knife or fork to prevent bursting. Peel and grind into flour. Put into jars and set in dry place; will keep indefinitely. May be used in soups, symposia, bread, grains.

Almond Butter.—Use the paper-shell sweet almonds. After shelling, blanch and set them in oven until thoroughly dry and hard, then grind to fine meal on a mill. If desired, they may be previously roasted, after blanching, in a moderate oven until a golden brown before grinding. Pack in air-tight glass jars. Very delicious for spreading on bread and for flavoring cereal dishes.

Butternut and Black Walnut Butters. All preparations from these nuts are better in a fresh state, as they do not keep long without becoming rancid. Grind after shelling; used for flavoring same as other nut butters. May be slightly browned in oven before grinding, if desired. When eating black walnuts and butternuts, they should be accompanied by a generous quantity of pop corn. This prevents the rich oils from laying too heavily on the stomach and possibly causing distress.

Oils.

Animal oils should not be used because they pollute the blood and are indigestible. For this reason all foods mixed with them partake of the same conditions. The feeding of children with potatoes fried in animal oils is little short of crime, because the results are equal to those of poison. The same is true of meat, white yeast bread and narcotic beverages. Another objection to the use of animal oil for frying is its liability to become overheated. Burnt fat contains acrolein, an irritating and highly-poisonous liquid developed during burning. Vegetable oils

will withstand a much higher temperature before burning. Their use in this book is always intended, and there are many varieties on the market which are prepared especially for culinary purposes. They are much cheaper in the end than animal oils and far more wholesome. Olive oil, cotton-seed oil, and cocoanut oil are now to be had at almost any prominent market place.

Pickles and Catsups.

Pickles should be eaten very sparingly, and, if possible, not at all when prepared with vinegar, as this condiment is deleterious to a healthful condition of the stomach. Cucumber pickles are quite harmful because they are difficult to digest when preserved in vinegar.

Pickled Beets.—Boil beets until soft; peel and slice them, then pour on lemon juice while they are hot and set away to cool.

Indian Chetney.—Pare, core and chop in small square pieces half a pound of sour apples; add one-half pound each of tomatoes, brown sugar, stoned raisins, one-fourth pound each onions and garlic, and two ounces each cayenne pepper and ground ginger, and one quart lemon juice. Mix all well together and put in closely-covered jar.

Piccailiffi.—Cut one peck of green tomatoes and six onions in thin slices, pack in layers in earthenware jar alternately with one teacupful of salt. Let stand over night; in the morning pour off liquid that has formed, add four green peppers and chop all fine. Put the whole in a porcelain-lined kettle with one pint of pure cider vinegar (or lemon juice) and a tablespoonful each of cloves, cinnamon, and white mustard seed. Cook until soft and sweeten to taste. Pack in earthenware or glass jars and set away in cool, dry place.

Tomato Catsup.—Scald, peel and core a peck of sound, ripe tomatoes. Mash as if for stewing. Season with one tablespoonful ground cinnamon, one-half teaspoonful cayenne pepper, one table-

spoonful each of cloves, allspice and mace, and three large onions cut very fine; salt to taste. Put all in porcelain-lined kettle to boil; when tomatoes are thoroughly cooked, rub them through a sieve to get out the seeds, spice, etc. After straining return to kettle and boil until thick like cream. Set aside and when cold put into clean bottles, filling each to within one-half inch of the cork, then pouring in on top of each a teaspoonful of salad oil. The bottles should be kept in a cool, dry place, resting on their sides.

Persian Pickle.—Take one quart of small green tomatoes, one quart of small onions, one quart string beans, one cauliflower, one cupful nasturtium seed, two quarts pure cider vinegar, two pounds sugar, two ounces turmeric, two ounces mustard seed, one cupful olive oil, two ounces ground mustard. Par-boil the onions, beans, and cauliflower separately; put the nasturtium seed and green tomatoes in brine for twenty-four hours; heat vinegar, mix turmeric and mustard in a little cold vinegar, add to hot vinegar, stirring with wooden spoon until thick, then add oil, sugar and mustard seed. Cook four minutes and pour over prepared vegetables. Pack in earthenware or glass jars.

Pies.

There can be no objection to the eating of pies if they are well baked and their crusts do not contain animal oils. Doughy pies of ghostly hue, flavored with the extract of swine adipose tissue, can scarcely be expected to answer as an after-dinner relish for every hungry mortal. In the making of pie crust, use only vegetable oils, such as olive, cotton-seed or cocoanut. Clarified butter may be used,

but it is considered objectionable on account of its indigestibility. Persons subject to liver and stomach disorders should not use it, nor any other animal oil, for that matter. Admixtures of animal fats and starch, such as pies, pastry, etc., should not be given to children. Always bake pies until both upper and lower crusts are a golden brown, otherwise they are indigestible and lay heavily on the stomach. The human stomach has developed beyond the digesting of raw starch, and attention to this fact will alleviate much suffering. Students, and others, in the school-room will sooner or later pay the penalty for the continued eating of noon-day lunches composed of white bread and half-baked pie impregnated with animal fats.

Pie Crust.—Sift together one quart of flour with one teaspoonful salt; add two-thirds cupful cocoanut, olive or cotton-seed oil, working it in thoroughly; then pour in gradually one cupful cold water. Knead into firm dough with least possible handling; roll out on floured board to thin sheet and lay on graniteware pie plates. Before putting in the pie mixture, wet the crust dough when in the plates with beaten white of an egg to prevent juices soaking through and making crust soggy. Bake pies in moderate oven, being careful to brown the lower as well as upper crust.

Apple.—To make an apple pie that is a charm, it is necessary to use finely-flavored and tart apples. Pare and core them, put them with a little water into a graniteware saucepan over the fire and boil until soft. Add sugar to taste and beat to smooth cream. Put generous quantity into each crust-lined plate, add a dash of ground cinnamon, put on upper crust and bake in brisk oven to golden brown.

Apple-Custard.—To each cupful of apple sauce, add two well-beaten eggs and one-half cupful fresh milk. Fill crust-lined plates, sprinkle on a little ground cinnamon, or add vanilla flavoring, cut strips and lay crosswise, then bake in oven.

Cocoanut-Custard.—This variation is made by adding grated cocoanut to the custard before baking. Treat same as custard pie. If shredded cocoanut is used, it should be boiled in milk until soft.

Custard.—Make custard of three well-beaten eggs, two tablespoonfuls white sugar and one pint sweet milk, using flavor to taste. Put in crust-lined plates and bake in slow oven. When done, take out and spread over with the beaten whites of eggs and sugar, return to oven

and bake until slightly browned. Set aside to cool, then serve.

Date.—Soak one pound of dates over night, stew until they can be mashed through a sieve. Mix with one quart of milk, three eggs, and a little salt. Bake with under crust only in moderate oven. This amount of filling will make three pies. Figs may be used in place of dates for variety, but they will need to be finely chopped.

Fruit.—Select fruit desired, such as grapes, peaches, plums, pears, etc., stew them well done; put between two crusts and bake to golden brown. Flavor with ground cinnamon or use extract to suit taste.

Lemon.—Soak one-half cupful cracker-dust for one hour in one cupful milk. Cream together one-half cupful powdered sugar two tablespoonfuls cocoanut butter or olive oil, whip in the beaten white of one and yolks of three eggs, reserving the remaining whites for a meringue. Add the juice and grated rind of two lemons, then the soaked cracker-dust. Pour all in crust-lined plate and bake in moderate oven to golden brown. Make a meringue of the whites beaten with two tablespoonfuls of powdered sugar. When pie is done, spread over the meringue, return to oven long enough to harden. Serve cold.

Strawberry.—Put crust in plate, bake in oven until nicely browned. Take out and fill with fresh, ripe strawberries; sprinkle with finely-powdered sugar, then spread over the entire pie the well-beaten whites of eggs and sugar. Put again in oven and bake until slightly browned. Use no top crust.

Mince.—Make a mock mince meat as follows: Take one pound of washed and dried currants, one pound seeded raisins, one pound finely-cut citron, one pound sugar, one-half teaspoonful salt, the juice

and a little grated rind of two oranges, the juice and grated rind of one lemon, one quart grape juice, one teaspoonful ground cinnamon, one teaspoonful mace, one pint finely-chopped apples and one pint ground roasted peanuts; mix well. This amount is sufficient for six good-sized pies. Put between two crusts and bake until nicely browned.

Orange.—Beat together the yolks of four eggs and eight tablespoonfuls sugar; add the juice and grated rind of two oranges and two-thirds cupful milk. Bake for thirty minutes in an under crust. For meringue, beat whites of the four eggs with four tablespoonfuls powdered sugar to firm paste, spread over top of pie when done, then return to oven and bake until delicately browned. Serve cold.

Pumpkin.—Stew the pumpkin until soft, then press through sieve. To one

quart of pumpkin allow two quarts of milk and six eggs. Beat the eggs well and stir into the milk, adding gradually the sifted pumpkin. Add one teaspoonful cocoanut butter or olive oil, a little salt, one teaspoonful ground cinnamon, and sweeten to taste. Pour into crust-lined plates and bake in quick oven. When done, take out and spread over each pie a generous amount of well-beaten thick, sweet cream and powdered sugar; return to oven until a delicate brown film has formed, then take out and set away to cool.

Rhubarb.—Pour boiling water over two teacupfuls chopped rhubarb, drain off the water after five minutes; add one teacupful sugar, yolk of one egg, one teaspoonful of cocoanut butter, or olive oil, one tablespoonful flour, and three tablespoonfuls water. Put between two crusts and bake to light brown in a moderate oven.

Puddings.

It is, indeed, a trite, but old, saying that "the proof of the pudding is in the eating." Too often the testimony is dearly-bought, especially when the burden of proof rests on the digestive organs like unto a nightmare. Pure and fresh ingredients, other than animal, placed in the hands of an intelligent cook may be resolved into "a mid-summer-night's dream," with all the paraphernalia to match. The omission of animal fats and corn or other starch, sago, tapioca and arrowroot, from puddings will be a decided move toward robbing them of their greater evils.

Orange-Custard.—Beat well together yolks of six eggs and one-half cupful powdered sugar. Add two cupfuls orange juice and grated rind of one orange. Put into individual dishes and cook in steamer until solidified, then set away to cool.

Steamed Fruit.—One cupful seedless raisins, one-half cupful finely-chopped citron peel, one-half cupful finely-chopped or ground almonds, three well-beaten eggs, one tablespoonful cocoanut butter, or olive oil, four cupfuls cracker-dust; mix all together and add sufficient milk to make stiff paste. Put in pan and cook in steamer for two hours. Serve while hot with suitable sauce.

Plum.—One cupful milk, one cupful maple molasses, one pint well-chopped seeded raisins, one tablespoonful cocoanut butter, one teaspoonful each cinna-

mon and cloves. Use sufficient flour, into which has been sifted one-half teaspoonful baking powder, to make about the consistency of soft ginger-bread. Have bag in which it is to be boiled scrupulously clean and before using dip it in hot water and sprinkle with flour. Boil for three or four hours, suspending pudding in pot. Water should be boiling when pudding is put in and must be continued for the entire cooking period. Serve with sauce to taste.

Chestnut.—Boil chestnut meal with fruit sauce for ten minutes, then set away to cool. Serve garnished with sliced oranges in sauce dishes.

Apple Cobbler.—Line a deep granite-ware dish with pie-crust dough; fill dish with sliced tart apples, and sufficient sugar to sweeten to taste. Sprinkle over the top a small quantity of ground cin-

namon. Put on upper crust, cutting in slits to allow steam to escape, and set in moderate oven and bake to a golden brown. Serve with cream sauce to suit.

Sliced peaches or other fruits may be substituted for apples to give variety.

Cocoanut.—One-half pound sugar, one-half pound grated cocoanut, two tablespoonfuls cocoanut butter, one cupful cracker-dust, two eggs, one quart milk. Add milk to cracker-dust, then eggs, well beaten. Mix all together, flavor with vanilla and bake in graniteware dish. Serve with sauce to suit.

Chocolate.—To one quart milk add one cupful cracker-dust, three well-beaten eggs, one cupful sugar, one teaspoonful vanilla, two squares chocolate, melted. Mix well and put into graniteware dish and bake till nicely browned. Serve with or without sauce.

New England Bread.—Into a three-quart pudding dish break five fresh eggs, beat until light; add one-fourth teaspoonful salt, two cupfuls granulated sugar, two cupfuls well-browned bread crumbs, two quarts fresh milk, one tablespoonful cocoanut butter, or olive oil, one-half teaspoonful cinnamon. Bake in moderate oven about forty-five minutes, or until no longer milky, testing frequently with a knife. Do not bake pudding too long

as too much baking will spoil it. When done, spread over top a thick layer of currant or other jelly and over that a meringue made by beating whites of two eggs with pulverized sugar; replace in oven until delicately browned, then remove immediately. In all bread puddings, care should be taken to have crumbs well-browned, as the soft portion of bread becomes doughy when soaked in milk or other liquid and will have a raw taste.

Queen Custard.—Mix with one quart fresh milk the well-beaten yolks of four eggs, two tablespoonfuls almond meal, one-half cupful sugar, one cupful finely-ground cracker-dust, a little grated orange or lemon peel, pinch of salt. Put in graniteware dish and set in steam cooker for one hour. Beat whites of the four eggs with powdered sugar; spread over top of pudding when done, then set in oven until meringue is crisp. Take out and set aside; serve when cold.

Nut.—To one quart milk add two cupfuls cracker-dust, three well-beaten eggs, one cupful sugar, one-half cupful orange juice, three tablespoonfuls almond or peanut meal, pinch of salt. Mix all well together, put in graniteware pan and bake in moderate oven until nicely browned; or may be put in steam cooker for one hour. Serve with sauce to taste.

Salads.

Salads made without vinegar or strong spices are appetizing and quite wholesome. They should be eaten only in moderate quantities, and with nutritious nut and grain foods form a valuable adjunct to a well-balanced meal. A little study of their nature and qualities will enhance their value. In making salads do not mix fruits with vegetables. Nuts may be used with either fruits or vegetables.

Tomato.—Select smooth and large tomatoes, scald them, skin quickly and drop into cold water to chill. Slice them and put in layers alternately with the following: Chop finely a small quantity of onion, parsley, and cress, and mix with mayonnaise dressing. Serve on platter and garnish with lettuce leaves or cress.

Nut-Celery.—Put one cupful shelled walnuts in saucepan, add two slices of onion and one-half teaspoonful salt; cover with boiling water and boil thirty

minutes, then throw into cold water to blanch; dry on towel and rub off the thin skins. Mix nuts with two cupfuls sliced celery and add French dressing to suit the taste.

Cucumber.—Peel and cut crosswise into very thin slices four medium-sized green cucumbers; lay into large bowl and mix thoroughly with one teaspoonful salt. Cover and let stand one hour, then wash quickly in two waters to remove salt. Mix two tablespoonfuls lemon juice with

one cupful thick, sweet cream and pour over the sliced cucumbers. The soaking of cucumbers in salt for one hour effectually removes the poisonous acids which so frequently cause cholera morbus.

Lettuce.—Wash and break the leaves from two large lettuce heads. Lay in a platter and pour over suitable dressing. Garnish with hard-boiled eggs.

French Fruit.—Peel and slice thinly two Naval oranges; add same amount of sliced pineapple and three tablespoonfuls finely-chopped blanched almonds. Serve with mayonnaise dressing or fruit juices to suit taste.

Vegetable.—Cut into one-fourth-inch cubes one cold cooked beet, one cold cooked carrot, one cold cooked potato, and a few cold green string beans; mix with mayonnaise dressing, and garnish with crisped leaves of one head lettuce.

Potato.—Cut six cold boiled potatoes into small cubes, add one tablespoonful minced parsley, two stalks celery minced fine, and sufficient French or mayonnaise dressing to suit. Put in large platter

and garnish with two hard-boiled eggs cut into thin slices and the crisped leaves of one head lettuce.

Nasturtium.—Slice two hard-boiled eggs over a dish of shredded lettuce and dot with nasturtium flowers. Serve with French dressing.

Nut-Fruit.—Put one pound blanched English walnuts in bowl; peel and core four tart apples, then cut them in very small cubes. Mix with nuts, then add sufficient Nice dressing to suit taste. May be served in individual dishes, or on large platter. Garnish with sliced Naval orange if desired. The flavor will be greatly improved by the addition of finely chopped citron peel.

Spinage.—Wash and pick over one peck spinage; cook with one-half cupful water until tender. Drain and chop very fine then add the chopped whites of two hard-boiled eggs and sufficient French dressing to suit. Put on large platter and garnish with the crisped leaves of one head lettuce, also one hard-boiled egg cut into thin slices.

Sandwiches.

Fruit.—Chop finely one-fourth pound each candied cherries, seeded raisins, and dates; add one-fourth pound cocoanut, two tablespoonfuls grape juice, and juice of one-half orange; mix well. Spread almond butter on slices of bread, follow with fruit, then lay together.

Cheese.—Blend yolks of two hard-boiled eggs with one tablespoonful cocoanut butter, olive oil, or peanutta; add three tablespoonfuls grated cream cheese and a pinch of salt. Spread on slices of bread, having first laid on lettuce, parsley, or water cress leaves. Neufchatel may be used in place of cream cheese if desired; pinon butter instead of peanutta.

Fig.—Put into double boiler one-half pound well-washed figs, one tablespoonful sugar, one-half lemon, and one cupful water. Cook until tender; strain figs and chop very fine, then add to juice. Take twelve slices bread; dip quickly one side of each into cold water, place

wet sides of two slices together and toast in moderate oven until outsides are a golden brown. Separate the slices and put between each one a thick layer of fig filling. Press together and lay away to get cold.

Olive.—Toast slices of bread as for ginger sandwiches. Spread on thin layer of peanutta, then Neufchatel cheese, and sprinkle with minced olives; olives stuffed with pimentoes may be used if desired.

Ginger.—Take eight slices of bread; dip quickly one side of each in cold water, lay wet sides together and toast to a golden brown in moderate oven. Separate slices and put between them a filling composed of four lettuce leaves and one-half ounce of candied ginger cut into small slices, then place together.

Savory.—Mash finely with a wooden spoon one-half pound peeled tomatoes, rub into them the yolks of two hard-

boiled eggs; add pinch of sugar, dash of cayenne pepper, and chopped whites of two hard-boiled eggs. Put one tablespoonful of olive oil or cocoanut butter into a heated stewpan, pour in the mixture and when hot add one teaspoonful flour which has been worked to a cream with a little cold water, boil until thickened then set away to cool. Put between slices of brown bread which have been spread with nut butter.

Divers.—Apple sauce with layer of whipped cream, or asparagus, spread between slices of bread, make very nice sandwiches. Also, sliced tomatoes laid between slices of bread which have been

spread with French mustard and cream cheese, garnished with sorrel leaves or cress. Salsify, eggplant, or green tomato fritters garnished with horse-radish and put between slices of bread make nice sandwiches.

Peanut.—To one cupful peanut butter add one-half cupful salad dressing; mix thoroughly and spread between slices of bread.

Raisin-Nut.—Chop finely one-half pound each seeded layer raisins and English walnuts. Moisten with two tablespoonfuls grape juice, then spread on slices of bread and lay together.

Sauces.

Mint.—Mix one tablespoonful white sugar with one cupful lemon juice and add finely-chopped mint. Parsley may be substituted for mint. Serve with green peas and other vegetables.

Brown.—Brown in oven one tablespoonful flour and mix to smooth paste with a little cold milk, add to one pint boiling milk or cream and cook for ten minutes; add one cupful strained stewed tomatoes and mix thoroughly.

Bread.—Cook in double boiler for thirty minutes two cupfuls milk, one-half cupful toasted bread crumbs, and one small onion. Remove onion and add a little salt and cayenne pepper, then one tablespoonful olive oil, or one tablespoonful cocoanut butter creamed with one teaspoonful peanut butter.

Sweet Tomato.—Boil for one hour four tomatoes, with sufficient water to cover, together with one small onion, one tablespoonful sugar, one tablespoonful lemon juice, a pinch of mustard, ginger, and cinnamon, two sprigs each of

parsley and peppermint; then strain. Brown one tablespoonful flour in two tablespoonfuls cocoanut butter or olive oil, and add to above juice. Boil until slightly thickened.

Tomato.—Fry to a golden brown one finely-chopped onion in two tablespoonfuls cocoanut butter, then add one tablespoonful flour; after flour has browned stir in gradually one cupful sweet milk and one-half cupful clear tomato juice. Cook until it thickens, then flavor with one teaspoonful peanut butter creamed with a little milk.

Sweet.—Mix two tablespoonfuls corn-starch with one cupful sugar, add one cupful cold water. Put in saucepan, set on fire and cook until it is clear and thick, then add one tablespoonful cocoanut butter, or olive oil, and flavor to suit taste. As this sauce is a combination of three forms of carbon, its frequent use is not advised. Do not substitute creamery butter, or other animal oils, for the vegetable oils given.

Soups.

The first course of all dinners should be soup. They have an appetizing and refreshing affect upon the stomach which is fittingly prepared for the work of digesting the more solid foods which follow. Soups should not be eaten while hot, as they soften the stomach and lay a foundation for neuralgic conditions of that organ. They should be allowed to cool to a moderate temperature. Neither beverages nor foods should be taken into the stomach while hot. This organ is

more sensitive to heat or cold than the mouth, and protests against abuse will be entered for presentation at some future time. Vegetable oils, such as cotton-seed, olive, or cocoanut, added to soups will give finer flavors than animal oils; and finely-chopped or ground nuts greatly surpass ox tails and shin bones for making soup stocks. Catsup is one of the best condiments for use in flavoring soups, but black pepper and an excess of salt should be strictly avoided.

Cracked Barley.—Boil two tablespoonfuls cracked barley in two quarts water for three hours. Stir in slowly one pint milk, one well-beaten egg, and one teaspoonful salt.

Rice.—Boil one tablespoonful cleaned rice in one quart water for one hour; add the juice of two boiled tomatoes, one tablespoonful each of olive oil and peanutta, one teaspoonful salt. Boil a few minutes, then flavor with two tablespoonfuls tomato catsup.

Vegetable.—Chop finely one onion, four green beans, one small ox-heart carrot, one-half green pepper, one stick celery, or pinch of celery seed, one tomato, sprig parsley, small parsnip, sprig cauliflower, one tablespoonful oil; boil one hour in two quarts water. Add one teaspoonful salt and one cupful milk.

Celery.—Take five stalks celery, with leaves, cut fine and boil for ten minutes in one quart water; pour off water and add two quarts fresh water, one clove garlic, one tablespoonful olive oil, one tablespoonful nut butter; boil two hours then add three cupfuls milk and one cupful milk thickened with a little flour; boil again for a few minutes, then serve.

Rice-Macaroni.—Boil one tablespoonful rice, one onion, one cupful broken macaroni, and one tablespoonful oil in two quarts water for forty-five minutes. Add one teaspoonful salt and two tablespoonfuls finely-chopped green parsley and allow to boil a few minutes longer. Add two tablespoonfuls catsup or onion butter for flavoring, if desired.

Asparagus.—Boil one quart finely-chopped asparagus in one quart water for ten minutes; pour off water, put on two quarts fresh water and boil twenty minutes; strain out asparagns, and mash through colander then return again to water from which it was taken. Cream one tablespoonful flour with one tablespoonful oil, stir into one pint heated milk and boil a few minutes; salt to taste

and pour into asparagus. Let all come to a boil and pour over toasted bread cut into dice, or oyster crackers, and garnish with parsley.

Pea.—Put one quart green peas and one onion into a soup pot; pour on sufficient water to cover and boil forty-five minutes. Mash through colander and add one pint water. Cook one tablespoonful flour in two tablespoonfuls oil until a very light brown. Add one cupful each of milk and cream and one teaspoonful salt. Pour all into soup, boil a few minutes and serve.

Cream-Tomato.—Boil four or five tomatoes for one hour in sufficient water to cover; strain through colander, put juice again on the fire and add one quart of milk, one tablespoonful olive oil, or cocoanut butter. Let come to a boil and add one-half cupful milk which has been thickened by the addition of a little flour. Boil until slightly thickened. Serve with dry toast. May be flavored with a little parsley, onion, or celery.

Bean.—Soak over night one teacupful beans in sufficient water to cover. Pour off the water, then add one quart fresh water and boil for one-half hour. Pour off this water and again add two quarts boiling water and boil for six hours. Mash through colander, then add one-half pint well-cooked tomatoes, a sprig of parsley and one tablespoonful oil; cook one-half hour longer. Add one pint milk and serve.

Grain-Vegetable.—Put one tablespoonful each of rice, chopped green corn, and cracked barley into soup pot; pour on one quart water and boil one hour. Chop fine two sticks celery, one onion, turnip, carrot and sweet potato; add to soup, together with one quart water. Boil for two hours over slow fire, then add one quart boiling water. Take one cupful flour, one-half teaspoonful baking powder; mix well and rub with one tablespoonful nut butter, or oil and one well-beaten egg. Roll into small balls,

drop into soup and boil for thirty minutes. About five minutes before taking off fire add two teaspoonfuls each of parsley, peanut-butter, peanutta and one teaspoonful each of thyme and salt.

Barleybon.—Put one-half cupful pearl barley in two quarts water; add two sticks celery and one tablespoonful olive oil; boil three hours over slow fire. Then

add one whole onion, one cupful strained tomato juice, and one tablespoonful nut butter. Continue boiling for forty-five minutes. Brown in a frying pan one tablespoonful flour mixed with one tablespoonful oil; add two cupfuls water and one teaspoonful salt. Pour this into soup and boil for a few minutes. Remove onion and celery before serving.

Symposia a la Culinarie.

An effort has been made to give in this department suitable dishes designed to take the place of meats. In many instances when the housewife has resolved to adopt a new regime, one which leads to a betterment of mental and physical conditions, and one which excludes all animal foods whatsoever from the daily menu, she is often at a loss to know just what to select when supplying the family table. The task need no longer be difficult, for in the preparation of these dishes others of similar nature will suggest themselves, and the various items may be procured accordingly. To obtain the best results, there is only one special rule to be observed,—do not use fruits together with vegetables. Vegetables should be combined with grains and nuts; fruits with grains and nuts; but not vegetables with fruits, except in certain instances. Onions and garlic may be combined with apples (sour apples) without detracting from the beneficial qualities of either. Do not use raw flour in making symposia; brown it in a moderate oven, and stir occasionally to prevent burning. When using bread, it should always be cut in slices and toasted to a golden brown in a moderate oven. It is necessary to procure a mill, or small grinder, with which to grind the toasted bread, crackers, shredded-wheat biscuits, nuts, grains, etc., for use in these recipes. These mills are sold by various firms for \$2 and upwards, and are indispensable to all well-regulated kitchens. It is well when purchasing nuts to select those which have been shelled; they are the cheaper in the end. They have been put through special machines which take out the kernels in a comparatively unbroken condition, besides there is a great saving of time. The nuts should be fresh, otherwise they will be rancid and unfit to eat. Use graniteware, porcelain, or aluminum dishes for baking purposes. Tin is easily oxidized and often poisons the food. To facilitate a variation in symposia, we give the following formula, the use of which will satisfy the most fastidious taste. Select for use only strictly fresh articles. Green fruits and vegetables which have become wilted after being picked, have lost their life-giving properties and are so much dead matter. They should be eaten as soon as possible after being picked, observing particularly that all are free from blemishes, and that there are no evidences of decay. As soon as disintegration sets in, the entire fruit or vegetable, as the case may be, has been permeated with effete matter that produces like conditions in everything with which it comes in contact.

Formula No. 1.—(Combining Fruit, Nuts, and Cereals.) One cupful cereals; choice may be made of cracker-dust, finely-ground toasted bread crumbs, or browned flour. Three cupfuls finely-chopped fruit; choice may be made of any fruit separate, or they may be mixed. One cupful nuts; nut butters may be used, or finely-chopped or ground kernels of any nuts desired. One tablespoonful finely-chopped savory herbs; they may be green or dried, preferably green. Two well-beaten eggs. One cupful liquid; milk, water, or fruit juices may be chosen. One teaspoonful salt. A little cinnamon or vanilla for flavoring.

Formula No. 2.—(Combining Vegetables, Nuts, and Cereals.) One cupful cereals. Three cupfuls finely-chopped and boiled vegetables; selection should be

judiciously made, avoiding as much as possible the use of cabbage and potatoes. See list of vegetables, following this department, for those which are most desirable. One cupful nuts. One tablespoonful savory herbs. Two well-beaten eggs. One (in some cases two) cupfuls liquid. One teaspoonful salt. A little spice, except black pepper, to suit taste. Catsup will give additional flavor.

De Noix.—Take two tablespoonfuls peanuts, two tablespoonfuls walnuts, one tablespoonful brazil nuts, one tablespoonful pecans; chop all fine and add one cupful finely-ground toasted bread crumbs, one cupful sweet milk, one tablespoonful nut butter creamed in a little milk, two well-beaten eggs, one teaspoonful each finely-chopped sage and thyme, one teaspoonful salt. Mix thoroughly, put into oiled dish and bake twenty minutes in moderate oven. Serve garnished with green parsley.

De Carotte.—Boil for one hour one cupful carrots, one half-cupful parsnips, and two cupfuls celery, all finely chopped. Take three tablespoonfuls browned flour and boil in one and one-half cupfuls hot water until thick. Mix with the boiled vegetables, then add one cupful finely-ground onions, two cupfuls Grape-Nuts, or cracker-dust, two well-beaten eggs, three tablespoonfuls salt. Mix thoroughly then put into well-oiled dish and bake in moderate oven for twenty minutes. Serve with tomato sauce.

De Pois en Cosse.—Mash fine one cupful boiled green peas (if canned see that they have been boiled until soft), add one-half cupful strained stewed tomatoes, two eggs, two tablespoonfuls nut butter rubbed smooth in a little hot water, one cupful finely-ground crackers, (shredded wheat biscuits, Grape-Nuts, or browned bread crumbs may be used), one-half cupful onion juice, one teaspoonful each marjoram, thyme and salt; mix well and put into oiled dish and bake twenty minutes. Serve with chopped parsley.

De Vegetal.—Take a sufficient quantity each of sweet potatoes, squash, tomatoes, and parsnips to make two cupfuls; boil for forty-five minutes and mash all fine. Brown one cupful flour in moderate oven, stirring occasionally to prevent burning, then mix with one cupful water or milk. Add to the vegetables, mix well and roll up in a lump. Make a dressing as follows: Chop one onion fine and cook

slowly in pan with two tablespoonfuls oil, or cocoanut butter; add one teaspoonful each of finely-chopped thyme and marjoram, two tablespoonfuls lemon juice, one-half cupful toasted bread crumbs, one teaspoonful salt, and one cupful water or milk. Spread out the "meat," inclose the dressing, roll up and oil all over; put into oiled dish and bake thirty minutes in moderate oven. Make a gravy with a little browned flour, water, and a teaspoonful nut butter.

A la Francais.—Mash fine two cupfuls French peas, add two cupfuls walnut meal, one cupful ground toasted bread crumbs or crackers, one-half cupful gluten meal, two tablespoonfuls onion juice, one teaspoonful each finely-chopped sage and celery, one cupful strained stewed tomatoes, two well-beaten eggs; mix well and add one-half cupful almond cream and one teaspoonful salt. Put into oiled dish and bake in moderate oven for twenty minutes. Serve with dressing and garnish with parsley or lettuce leaves.

A la Sultana.—Boil one cupful browned flour in two cupfuls water until thick and creamy, stirring constantly to prevent burning. Add one cupful each of finely-chopped apples and onions, two tablespoonfuls ground walnuts, one cupful cracker dust, three tablespoonfuls each oil and green parsley, two well-beaten eggs, one teaspoonful salt, and dash of cayenne pepper. Mix thoroughly, put into well-oiled dish and bake in slow oven for thirty minutes.

A la Simple.—Cut one-fourth of a loaf of rye bread into slices; toast in a moderate oven to a golden brown, after which soak in water until soft; press out the water then add two cupfuls ground raw peanuts, two cupfuls chopped onions, one cupful chopped celery, two tablespoonfuls parsley, one teaspoonful salt, two tablespoonfuls oil, dash of cayenne pepper. Mix thoroughly and put into a well-oiled graniteware dish. Press down well, then take from the center sufficient

to make an opening large enough to hold the following filling: One-half cupful peanut butter, one-half cupful Neufchâtel cheese, and one-half cupful milk. Fill opening, then lay on top the removed portion. Put in moderate oven and bake one-half hour. Serve with catsup.

A la Famille.—Put two tablespoonfuls browned flour into one and one-half cupfuls milk and boil until a smooth paste,

stirring constantly. Add two cupfuls each peanutta, finely chopped apples, and finely-ground toasted bread crumbs, three tablespoonfuls chopped parsley, two tablespoonfuls onion juice, three tablespoonfuls oil, two well-beaten eggs, two teaspoonfuls salt, and a dash cayenne pepper. Mix thoroughly, and put into oiled dish and bake thirty minutes in moderate oven. Serve with sauce.

Vegetables.

All vegetables for food should be strictly fresh, which condition is easily indicated when they break or snap crisply. Home-grown vegetables, such as lettuce, spinach, peas, beans, etc., should be gathered in the morning when wet with dew. Vegetables are improved by being put in cold water before cooking. A very small quantity of cayenne pepper put into the water will somewhat neutralize the disagreeable odor arising from the boiling of onions, garlic, etc. Green vegetables should be cooked in water that is just beginning to boil, and which has been slightly salted, allowing one tablespoonful of salt to two quarts of water. Water which has boiled long is flat, and destroys the flavor and appearance of the vegetables. Pour off the first water after boiling ten to twenty minutes, then pour on a fresh supply which has been heated to the boiling point. This process removes the poisonous acids which might otherwise produce injury. The vegetables which ripen above the ground are preferable for food, as they contain a greater per cent of life-giving properties; those which ripen beneath the surface should be used sparingly, as they contain many soil substances which are injurious to the system. Vegetables are not in their entirety food stuffs; they are classed more properly as eliminators, and are a necessity in a well-balanced meal to furnish waste matter for the more solid grain and nut foods, besides furnishing valuable salts and acids.

Asparagus.—Put in boiling water with a little salt; drain off the water after boiling five minutes; pour on fresh boiling-hot water and boil again for fifteen minutes. Add a little salt and olive oil. Serve with toast. The tops of asparagus should be a purple color, not green, to insure their being edible. This vegetable contains valuable salts and acids, and should be freely eaten. Discard woody or tough portion, as it is indigestible.

Beets.—Use only the crisp red varieties. The large sugar beets are woody, and of little value except for the saccharine matter which they contain. Boil whole, without cutting; then slice and serve with lemon juice, but not vinegar.

Baked Beans.—Wash the desired quantity of beans and soak over night in sufficient water to cover; in the morning drain them and boil in fresh water for fifteen minutes; pour off the water, put beans into an earthen crock, add one

tablespoonful molasses, one teaspoonful mustard, one tablespoonful olive oil, a little salt, and sufficient water to cover. Put a lid on the crock and cook slowly all day in the oven. Add water occasionally until one hour before taking from the oven. Serve with catsup.

Cabbage.—Do not boil cabbage. Boiled cabbage and sauerkraut are practically indigestible and should not be eaten. Make a cold slaw by slicing the cabbage fine; serve with or without lemon juice, not vinegar. Thick, sweet cream and lemon juice make a very palatable dressing. A small pinch of mustard may be added if desired.

Cauliflower.—Tie up the cauliflower in a coarse tarlatan and boil one to two hours in water to which has been added a little salt. Drain and lay in deep dish. Heat one cupful milk; add a little flour which has been previously creamed in a little cold milk, the beaten white of one

egg, and a little salt. Boil a few minutes, stirring briskly. Take from the fire, add a little lemon juice, then pour over the cauliflower and serve.

Carrots.—Select the ox-heart variety. Boil one hour, or until tender, then add the desired quantity of milk into which has been creamed a little flour. Boil five or ten minutes, then serve. Carrots are better use for soups, as they have no special food values.

Celery.—This vegetable is particularly valuable as a blood purifier. It aids in restoring depleted nerve forces, tones up the system, and its use is highly beneficial in cases of nervous prostration and kidney disorders. May be used to advantage in soups.

Corn Timbales.—Beat five eggs until light; add one-half teaspoonful salt, one tablespoonful oil, one cupful cracker-dust, and one pint green corn which has been grated from the cob. Pour into oiled timbale moulds which have been dusted with finely-chopped parsley. Set in a baking pan of boiling water, cover with a sheet of oiled paper and cook in oven for twenty minutes. Serve with tomato sauce. Green corn on cob should be boiled for one hour, or, what is better, should be steamed in a steam cooker one to two hours. Do not serve with butter or animal fats; it is the cause of acute and dangerous stomach disorders.

Cucumbers are of value for salads, and should be used only when prepared as such. They contain no nutriment, but are very cooling to the blood when served with lemon juice, but not vinegar.

Dandelion.—Prepare same as spinach. Its blood-purifying properties are many.

Boiled Onions.—Peel onions and put in covered saucepan with cold water and boil one hour. When done, add one tablespoonful chopped parsley, and a little flour mixed with sweet milk; boil five minutes, then serve. Young or old onions may be used as preferred.

Spinage.—Wash desired quantity of spinage, boil one hour, or until tender. Add a little salt, lemon juice, and olive oil to taste. Pour off water after having boiled ten minutes, then add fresh boiling water. Do not mix butter or other animal oils with spinage; it will, in many

instances, cause severe derangements of the stomach, and often cholera morbus. Spinage is a valuable blood purifier, and should be eaten whenever desired.

Stuffed Egg Plant.—Wash a good-sized egg plant, put in kettle, cover with boiling water, to which has been added a little salt, and boil twenty minutes. Cut lengthwise into halves and carefully take out the insides, leaving wall three-fourths of an inch in thickness. Mix the pulp just removed with one-fourth cupful cracker-dust, one-half cupful chopped or ground almonds, one tablespoonful olive oil, and a little salt. If the mixture is too dry, add a little milk. Fill the shells, heaping them up, sprinkle over a small quantity cracker-dust, put in baking dish, set in brisk oven and bake until top is nicely browned, then serve.

Egg plants may be cut in slices, soaked one hour in strong salt-water, rolled in beaten egg and cracker-dust, fried in oil, then served. This vegetable has good food value and may be eaten at all times.

Oyster Plant.—After scraping, cut crosswise in thin slices; put in sufficient water to cover and stew until quite tender. Add a little milk, olive oil and salt. May be served with toast if desired.

Potatoes should be sparingly eaten; much better not at all. They are unhealthful at best. If it is necessary to eat them, bake them in an oven until well done. Eat the entire potato; do not discard the peeling, as it is next to this that the nutriment lays. The sweet potato is the best variety.

String Beans.—String, snap and wash two quarts beans; boil in plenty of water for fifteen minutes; drain, then pour over again two quarts boiling water. Boil one and one-half hours. Add a little salt, two tablespoonfuls oil into which has been creamed two tablespoonfuls of flour, and one cupful sweet cream.

Tomatoes are valuable for their acids which are very beneficial to the system. They should be stewed until well done, seeds strained out, a little oil, salt and milk added; then boil a few minutes before serving. It is well to use them in soups.

Turnips, if tender, may be used occasionally. They are better in soups, as the nutriment contained is very low.

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